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THE MIOSENSE GUIDE FOR HEALTHY LIVING

Congratulations! By purchasing Mio™, you have begun your journey towards becoming a totally vital individual. In our experience, cardio-vascular fitness is the most sensitive indicator of emotional well-being and physical fitness, and Mio™, with its ability to accurately measure your heart rate, is a key tool to this process.

In our book Grow Younger. Live Longer, we discuss the 10 Steps to Reverse Aging:

1. Changing your perceptions of your body, aging and time
2. Deep rest: restful awareness and restful sleep
3. Nurturing your body through healthy food
4. Using nutritional complements wisely
5. Enhancing mind/body integration
6. Exercise
7. Eliminating toxins from your life
8. Cultivating flexibility and creativity in consciousness
9. Love
10. Maintaining a youthful mind.

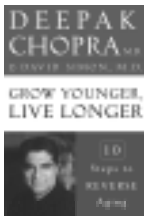
Your heart rate is affected when you are emotionally distraught in even a minor way. Similarly, if you are only slightly out of shape physically, your heart rate will be disproportionately raised, both at rest and during exercise. We were so pleased to be introduced to the advantages of Mio™, for using this tool, we were able come to the following conclusions:

1. Just being aware of the number of calories you consume and the number of calories you burn in a given day allows you to make healthy choices, both in your nutritional intake and the level of physical activity you engage in during the day.
2. By listening to your body and its messages of comfort and discomfort, then correlating that experience with the information you get from Mio™ (heart rate, target heart rate and cumulative calorie intake), you begin to intuit what it takes to feel physically vital, energetic and fit. As this intuitive experience increases, you spontaneously begin to live in a much healthier way.
3. One of the most crucial components of our 10 Steps to Reverse Aging program is stress management. We have found that when people practice meditation, their resting heart rate drops significantly, reflecting a deep state of relaxation. This feedback becomes an important motivating factor for the participants in our programs to continue practicing their stress management techniques, which include meditation, as well as deep, restful, rejuvenating sleep.

4. We have also found that measuring your heart rate immediately after intense exercise and again after sixty seconds is an extremely valuable way to assess both your physical fitness and your emotional well being.

As a result of these observations we have incorporated Mio™ as an essential component into both our weight management and reversal of aging programs. In fact, we are so convinced of Mio's value that we now include this watch in our anti-aging and weight management kits, along with micro-nutrients and other tools that we use in our workshops.

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MIOSENSE ELITE SHAPE

Whether you are interested in general fitness, cardiac care, weight management or stress management, experts and researchers agree that the key to changing habits and lifestyle is to keep records of eating and exercise. Mio's technology not only assists you with this, but makes it easy, as it's with you wherever you go, anytime, anywhere!

MioSense brings together a wealth of information on health, nutrition, diet, fitness and exercise, offering advice and support as you improve your overall well-being. In this and the accompanying MioTables you will find the following:

- Information about Mio™ and Mio's technology
- Information, questions, answers and tips on exercise and nutrition
- Information about MioSense cardiac support
- The MioSense Weight Management program
- MioTables, a list of the caloric, carbohydrate and fat values for basic, fast and restaurant foods, plus non-alcoholic and alcoholic beverages, so that you can record and monitor the calories you consume throughout the day.

MIO™ AND MIO'S TECHNOLOGY

Mio™ is the only watch that uses your personalized information and the latest technology to provide an ECG-accurate heart rate and calorie totals – both without an awkward chest strap.

HOW EASY IS MIO™ TO USE?

Very. Mio™ has a simple face design with a digital clock readout and easily recognized icons. It has four buttons and two sensors. The buttons allow you to choose a function and to enter data about yourself and the calories you consume. The sensors measure your heart rate.

HOW CONVENIENT IS MIO™ TO USE?

Mio™ goes where you do, so you can enter your calories while eating at home or when dining out. You can measure your heart rate and calculate your calories burned anytime, anywhere. While many exercise machines measure your heart rate and display an estimate of the calories burned, people often prefer outdoor activities to exercising in a gym, or like to vary their forms of exercise. Mio™ gives you the freedom to check your heart rate and the calories burned during exercise wherever you are. Mio's calculations and readouts are also based on more personalized information and are more accurate than those taken by exercise machines.

HOW CAN MIO™ HELP ME TO KEEP TRACK OF MY CALORIES?

Using the MioTables, you determine how many calories you are eating, and enter these amounts into Mio™. The watch keeps a running total. Mio™ also calculates how many calories you burn during an exercise session, and (if you choose) deducts these calories from your running total. Plus, Mio™ lets you know how close you are to your daily calorie target.

HOW ACCURATE ARE MIO'S READOUTS OF MY CALORIES CONSUMED AND BURNED?

Very accurate – Mio™ uses complex formulas relying on the data you enter into its memory, including your gender, age, weight, resting heart rate and current heart rate while exercising.

HOW DO I MEASURE MY HEART RATE USING MIO™?

Simply place your index and middle fingers on the sensors. Mio™ measures and displays your heart rate, as well as the percentage of your maximum heart rate. There's no struggling to locate your pulse on your neck or wrist, no counting and no multiplying in your head. Mio™ does it all for you!

WHAT IS THE DIFFERENCE BETWEEN MY PULSE AND HEART RATES?

Your heart rate is the number of times your heart contracts in a given period, measured in beats per minute. Your pulse rate is the number of times blood, forced by your contracting heart, surges through and dilates your vessels in a given period. Heart and pulse rates, for practical purposes, are essentially (but not always) the same.

WHY IS MEASURING MY HEART RATE BETTER?

Measuring your heart rate is more accurate. Sometimes, such as with irregular heart beats or premature beats, the heart does not send out enough blood to be felt as a pulse, and the pulse rate will

differ from the heart rate. Before beginning any fitness program, you should have a complete physical exam and consult your physician about an appropriate heart rate target zone for your fitness level.

WHAT IS AN ECG AND WHAT DOES ECG ACCURACY MEAN?

An electrocardiogram, or ECG, is a measure of the electrical activity of the heart. This electrical activity regulates heart contraction, so an ECG measures an exact heart rate and rhythm. In measuring heart rate as opposed to pulse rates, Mio™ increases the accuracy of its measurements and calculations.

IS MIO™ AS ACCURATE AS WATCHES THAT USE A CHEST STRAP?

Watches with a chest strap rely on wireless transmission, making them prone to radio frequency noise and "cross talk" between units (like that between portable or wireless phones). Also, by relying on radio transmissions, chest strap monitors lag significantly behind the true heart rate, due to the need for excessive filtering in the software to reduce reading fluctuations caused by noises and muscles.

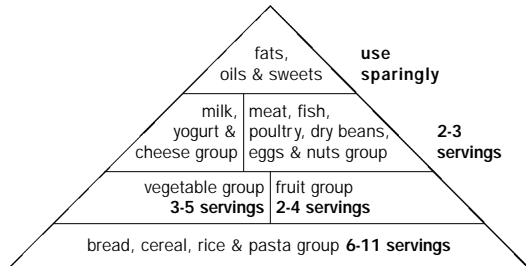
Mio™ is a self-contained unit with built-in sensors, making it immune to environmental noises. Mio™ is more accurate than watches with a chest strap because its superior digital filtering techniques allow it to follow your true heart rate, even as the heart rate changes. And you don't have put up with that annoying chest strap!

MIOSENSE GENERAL HEALTH AND FITNESS

MioSense is an easy but comprehensive program based on common sense and the latest research in health and fitness, with a focus on the basics of healthy eating and regular exercise.

EATING WELL

You may already know that you need to eat a balanced diet based on the recommended portions from the food pyramid. Take some time to review these recommendations again.



The USDA plans to revise its pyramid in 2004. Many researchers would like to see the following distinctions reflected in the new pyramid:

CARBOHYDRATES

The body needs carbohydrates for fuel, but many researchers believe people should concentrate on complex carbohydrates for better health.

Complex Carbohydrates

- Found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruits
- Are processed more slowly, providing longer-term energy
- Help us digest better
- Keep us feeling fuller
- Help protect us from disease.

Simple Carbohydrates

- Found in table sugar, white bread, pasta and rice, as well as potatoes and fruits, particularly juices
- Are processed more quickly, giving us a quick energy source
- Often leave us hungry more quickly
- Tend to be stored more as fat.

FAT

While some researchers believe that all fats should be reduced, others allow for more of the good fats found, for example, in virgin olive oil.

Good Unsaturated Fat

- Monounsaturated found in almonds, olives, olive and canola oils, peanuts and avocados
- Polyunsaturated fats found in safflower, corn and sunflower oils
- Omega-3 fatty acids found in fish, shellfish, soy products, walnuts, canola and flax oils, wheat germ and leafy green vegetables.

Bad Fat

- Saturated fats found in red meat and whole milk products, cocoa butter, coconut and palm oils
- Trans-fatty acids found in many margarines, vegetable shortening, fast foods, snack foods, commercially baked goods and baking mixes.

PROTEIN

Good Sources of Protein

- Found in fish, eggs, beans and nuts, which are rich in Omega-3 fatty acids, fiber, vitamins, minerals and/or healthier unsaturated fats.

Poor Sources of Protein

- Found in red meat, which also contains saturated fat and cholesterol.

These new guidelines will supplement the USDA's traditional guidelines:

- Eat a variety of foods
- Eat foods moderate in salt and sodium
- Eat foods low in fat, saturated fat and cholesterol, providing no more than 30% of your total daily calories

- Limit saturated fats to 1/3 of your total fat calories (or 10% of your total daily calories)
- Use butter, margarine, mayonnaise and oil sparingly
- Eat nuts and seeds in moderation
- Favor skim milk, non-fat yogurt, part-skim or low-fat cheeses and frozen yogurt
- Avoid dry beans and peas
- Select lean meat, skinless poultry and fish
- Roast, broil or boil meats rather than fry them
- Limit your sugars, avoiding candy, sweet desserts and soft drinks
- Eat a rainbow of vegetables, including dark-green leafy ones several times a week
- Eat fresh fruits, frozen, canned or dried fruit
- Whole fruits are a better source of fiber than juices; only 100% fruit juice is considered as a serving of fruit (punches or prepared drinks with little juice but lots of sugar do not count)
- Eat plenty of grain products in addition to vegetables and fruits for a diet rich in fiber
- Favor foods made with whole grains and those with little fat or sugars, like whole-wheat bread, brown rice and whole-wheat pasta
- Drink only moderate quantities of alcoholic beverages.

THE LOW CALORIE, HIGH FIBER BENEFITS

Eating more fruits and vegetables can lower your blood pressure and help prevent cancer. One study shows that a combination of low-fat

dairy products and 8 to 10 servings of vegetables and fruits daily could reduce blood pressure, and thereby heart disease, by 15% and strokes by 27%. The potassium, magnesium and calcium in these products are the active vitamins and minerals. Sweet bell peppers and tomatoes, for example, provide potassium, while cucumbers offer both magnesium and calcium. One medium tomato, 1 cup of butter lettuce or a 2-inch piece of cucumber are considered one vegetable serving each.

You can also help decrease your risk for different types of cancers, such as breast, prostate, cervix and colon, by eating a variety of fruits and vegetables. Phytochemicals are plant pigments that, along with beta-carotene and vitamins C and E, neutralize destructive particles before they can damage your cells. A Harvard study found that eating 4 to 5 servings of tomato-based foods per week for instance, reduced the risk of prostate cancer by 10%, while 10 or more servings reduced it by 35%. Vegetables and fruits also provide fiber that can reduce blood fat levels, improve intestinal function and reduce risk of bowel cancer. You should eat a rainbow of colors to obtain a variety of phytochemicals.

WATCH YOUR SERVING SIZE

Too often we eat the equivalent of more than one serving in a meal; for instance, most spaghetti dinners include the equivalent of 2 to 3 servings of pasta.

1 Serving Size:

Milk, Yogurt, and Cheese:

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts:

- 2–3 ounces cooked lean meat, poultry or fish
- 1/2 cup cooked dry beans
- 1 egg
- 2 tablespoons peanut butter

Vegetables:

- 1 cup raw leafy vegetables
- 1/2 cup other vegetables, cooked or raw
- 3/4 cup vegetable juice

Fruit:

- 1 medium apple, banana or orange
- 1/2 cup chopped, cooked or canned fruit
- 3/4 cup fruit juice

Bread, Cereal, Rice and Pasta:

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup of cooked cereal, rice or pasta

Fats, Oils and Sweets:

- Use sparingly

TEN TIPS FOR DIETING

1. *Eat breakfast.* You will feel more energetic and be less likely to binge later if you eat breakfast.
2. *Eat slowly.* Allow time for your stomach to send the message that you are full. If you eat quickly, you may overeat: it takes about 20 minutes for your stomach to send the signal to your brain that you are full.
3. *Budget your calories throughout the day.* Scheduling regular meals and snacks throughout the day will prevent hunger and keep you on track.
4. *Read food labels.* Food is the fuel your body runs on. Fill it with nutritious energy. Check the number of calories in a product and try not to waste your calories on highly processed, "empty" calories. Favor fresh fruit, vegetables and foods made with whole grains.
5. *Keep away from tempting foods.* Don't keep those foods that are too hard to resist in the house. If you buy it, chances are you will eat it.
6. *Break the relapse cycle.* If you think you've blown it, don't give up. One meal or one bad day does not mean failure. Determine what causes you to relapse and then avoid making that mistake again.
7. *Engage in activities that don't involve eating.* Fill your life with

experiences, not food.

8. *Reward yourself.* Budget your calories to include some thing you really like. Then enjoy them! If you constantly deny yourself, you will probably binge.
9. *Be realistic.* Don't overestimate how much you can lose or underestimate how long it may take. This will only discourage you. Also remember that men's bodies tend to gain more at the waistline, while women's bodies protect fat on the hips and thighs (controlled by reproductive hormones). It is easier for both to lose fat at the waistline, which is governed by stress hormones.
10. *Count your calories.* Keep track of the calories you consume and burn each day. In addition to monitoring your calorie input and output, you will have a record of your successes, encouraging your belief that you will succeed.

EXERCISING REGULARLY

HOW MUCH AND AT WHAT INTENSITY LEVEL SHOULD I EXERCISE IN THE BEGINNING?

Always consult with a doctor before beginning any exercise or diet program. If you are a sedentary person, you need to begin slowly. Exercise for 20 minutes, 3 to 4 times a week for 6 weeks, at a moderate intensity that produces a heart rate at 55% of your maximum heart rate. When you measure your heart rate using Mio's

sensors, Mio™ displays your heart rate in beats per minute (BPM) and then the percentage of your maximum heart rate, so you can easily monitor your exercise intensity. Gradually increase your workout time, slowly working your way up to sessions consisting of one 40 to 60 minute session or several shorter sessions.

HOW CAN I MOTIVATE MYSELF AND AVOID BECOMING BORED WITH EXERCISE?

- *Find something fun to do.* If you enjoy an activity, you are more likely to keep to your program.
- *Find a partner or a group to exercise with.* Your motivation and dedication may increase if you look forward to spending time with others or if you feel others are relying on you for support.
- *Focus on what you like about exercising.* Remind yourself that exercise is an opportunity to spend time with other people, to be alone and clear your mind, or to look and feel better.
- *Exercise early in the day if possible.* You're less likely to put off working out to another day.

HOW CAN I AVOID FEELING TORN BETWEEN MY NEED TO EXERCISE AND MY OBLIGATIONS TO MY FAMILY?

You are an important member of your family, and you need to look after yourself before you can take care of others effectively. Remind yourself that a healthy, happy parent with a positive sense of self will have more energy and patience for his or her family.

SHOULD I FORCE MYSELF TO EXERCISE EVEN WHEN I FEEL TIRED?

Learn to distinguish between the pseudo tiredness you feel because of a sedentary lifestyle, and the genuine tiredness you feel because you haven't had enough sleep or you're coming down with an illness. If you are feeling the former, you should work out. You may often find that you will feel more energetic when you make the effort to do something. However, if you are genuinely tired, give yourself a break and allow your body to recuperate.

HOW IMPORTANT IS IT TO BE DISCIPLINED?

It matters. Remember to exercise at least 3 times a week. Sometimes you need to force yourself to work out. But if life gets just too hectic or throws you a curve ball, and you can't keep to that schedule, forgive yourself and move on.

SHOULD I EAT BEFORE EXERCISING?

If you eat immediately before a workout, your digestive system slows to accommodate exercise, so wait 2 to 3 hours after larger meals before working out. If you eat regularly throughout the day, you probably won't feel the need for extra energy just before exercising. And don't forget to drink water!

WHAT ABOUT EATING CARBOHYDRATES BEFORE WORKING OUT?

Eating complex carbohydrates found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruits 2 to 3 hours before a workout or an event will give you the energy you need. Simple carbohydrates found in table sugar, white bread, sports drinks and bananas, however, are better for replenishing energy sources afterwards.

TEN TIPS FOR EXERCISING

1. *Set realistic and meaningful goals.* If you aim too high, especially at the beginning, you are more likely to fall short of your expectations, grow discouraged and give up.
2. *Use moderation.* Begin slowly, allowing your body to adapt to stress and to build strength, both cardiovascular and musculoskeletal (bones, ligaments, tendons, muscles). Gradually increase duration and intensity.
3. *Be consistent.* If you keep missing sessions and try to make up for them by scheduling longer or more sessions, chances are your body won't be able to recover. Plan ahead. Create a realistic schedule that you can keep while juggling the demands of work and home. Try to keep to that schedule and build a firm fitness base so that the odd missed session won't throw your program off-track.
4. *Allow for rest periods.* Allow your body at least one rest day to recover after a demanding activity. You'll be less likely to incur

injury and more likely to feel energetic in the next exercise session.

5. *Keep a record of your exercise activities.* A journal of your workout times, duration and activities, as well as your energy levels and progress, can assist you in adjusting your schedule to be more compatible with other work and family demands, as well as to optimize your exercise activities for better performance and overall energy levels.
6. *Vary your routine.* Change activities, locations, exercise partners, even your exercise time (unless you need to discipline yourself with early morning sessions). You're less likely to become bored with exercising.
7. *Exercise with other people.* You may be more willing to work out if you can socialize and if you feel others are relying on you.
8. *Try strength training.* Two sessions a week will help build more muscle, increasing your metabolism and burning more calories.
9. *Engage in "mental training".* Think positively, practice relaxation skills and use imagery to see yourself as fit and healthy.
10. *Be patient and don't let a relapse defeat you entirely.* Wait at least 6 months before reassessing your fitness level and body weight. Don't expect your metabolism to change before 6 to 9 months. If you have a relapse, forgive yourself and begin all over again if you have to.

USING A MIO™ HEART RATE MONITOR DURING EXERCISE

Measuring your heart rate with Mio™ can help you in three ways:

1. *Timing intervals or laps.* Mio™ allows you to time activity intervals to maximize your training session.
2. *Calculating calories burned.* Many kinds of fitness equipment provide you with a readout of calories burned during an exercise session. Mio™ uses even more of your personal information (gender, age, weight and resting heart rate) in a complex formula to give you a more accurate, personalized readout. And unlike fitness equipment, Mio™ goes where you go, so you aren't tied to the gym. Mio™ also allows you to keep track of the calories you consume.
3. *Measuring heart rate.* Mio™ measures your resting heart rate, your heart rate during exercise and the percentage this rate is relative to your Maximum Heart Rate (MHR). You can monitor the intensity of your exercise using your MHR to get the most out of a training session – without the bother of a chest strap!

WHY DO I NEED TO KNOW MY HEART RATE?

You can get the most of your workouts by monitoring your heart rate during exercise, increasing or decreasing the intensity of your activity to reach an ideal or target heart rate that allows you to exercise (and burn calories) most efficiently.

Once you determine your target heart rate for different stages in your

workout, discovering whether you are working out too hard or too easy is simple. After a few months of training, you will be amazed that you can probably estimate your heart rate within a couple of beats.

WHAT IS RESTING HEART RATE?

Resting heart rate (RHR) is your heart rate while you are at rest. Some people use the RHR as an indicator of fitness – a healthy 33-year-old male has a heart rate ranging from 38 to 78 beats per minute (BPM). A highly trained runner might have a rate of 40 BPM, but the average person measures around 72 BPM.

HOW CAN I DETERMINE MY RESTING HEART RATE?

Mio's sensors allow you to measure your resting heart rate. It is best to take your RHR early in the morning after awakening naturally (an alarm clock can make your heart beat faster) and before rising (simply standing up increases your heart rate). Mio™ uses your RHR in its calculations to determine your maximum heart rate (MHR).

WHAT IS HEART RATE RECOVERY?

Your heart rate recovery (HR Recovery) allows you to determine your fitness level by measuring how quickly your heart falls after exercising. Using a special function on your Mio™, you can do a simple heart rate recovery test. The watch will give your fitness level, expressed in a rating of poor, fair, good and excellent.

WHAT IS A MAXIMUM HEART RATE?

Maximum heart rate (MHR) is a theoretical point at which, during extreme physical exertion, your heart rate begins to level off and you approach exhaustion. You don't need to exercise at a level to reach this rate – in fact, coming too close can be dangerous for those at risk for heart attacks. Instead, if you know your MHR, you can adjust the intensity of your activity to reach a heart rate at a certain percentage of your MHR that will optimise your efforts.

Mio™ uses a precise formula based on your gender, age, weight and resting heart rate to determine your probable MHR. While your MHR is not displayed, Mio™ uses this figure in calculating the ratio in percent of your current heart rate to your MHR, which it displays so that you can adjust your exercise intensity to meet your target heart rate

WHAT IS A TARGET HEART RATE?

Target heart rate refers to an ideal percentage of your MHR that will help you exercise most efficiently. People who are just starting to get into shape or who are at risk for a heart attack should choose a target range between 50%-60% of their MHR, ensuring they do not place too much stress on their hearts. Those who are already relatively fit can exercise between 60%-80% of their MHR.

HOW CAN MIO™ HELP ME MONITOR MY HEART RATE AND EXERCISE INTENSITY?

You can use Mio™ to measure your current heart rate (CHR) during exercise, to see how closely it matches your target. When you place your fingers on the watch sensors, Mio™ calculates and displays your CHR. Mio™ gives you both the number of beats per minute and, more important, the percentage of maximum heart rate. You can use this percentage to gauge whether you need to increase or decrease the intensity of your workout.

HOW DO I KNOW WHAT LEVEL OF INTENSITY I SHOULD BE AT?

People have different reasons to exercise: to increase cardiovascular health, to recuperate after heart surgery, to lose weight or to increase athletic performance. Therefore, not everyone needs to exercise at the same intensity. There are five heart-rate zones based on the percentage of maximum heart rate.

Determine your goal and exercise at a level that keeps you within one of the following zones:

HEART RATE	INTENSITY OF EXERCISE	% OF MAX. HEART RATE
Health Zone	Brisk walking or strength training; improves health, but not necessarily fitness (eg brisk walking or strength training); helpful to patients with heart disease, obesity and arthritis; breathing is comfortable; talking is easy.	50–60%
Conditioning Zone	Slow jogging; suitable for beginners and warming up; longer sessions required to burn fat and lose weight; breathing more noticeable; conversation still fairly easy.	60–70%
Aerobic Fitness Zone	Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder; conversation still possible.	70–80%
Anaerobic Power Zone	Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.	80–90%

HEART RATE	INTENSITY OF EXERCISE	% OF MAX. HEART RATE
Competitive Training Zone	All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.	90–100%

HOW OFTEN SHOULD I CHECK MY HEART RATE WHILE EXERCISING?

Initially, check your heart rate when you feel difficulty in talking with an exercise partner or if you feel labored while breathing. If your percentage of MHR exceeds your target heart rate, slow your exercise.

MY HEART RATE SEEMS TO GO OVER 80% EASILY. HOW CAN I KEEP IT BELOW THIS?

Reduce the intensity of walking or running until your heart rate slows. After a few months of training, your MIO™ may reward you by sending the message that your resting heart rate has dropped several beats per minute.

MY HEART RATE SPIKES QUITE HIGH EARLY IN MY RUN AND THEN DROPS LATER. SHOULD I MAINTAIN THE SAME PACE AND WAIT FOR MY HEART RATE TO DROP OR SHOULD I SLOW DOWN INITIALLY AND SPEED UP LATER?

Warm up and cool down at approximately 60% of MHR. Only after warm-up should the your intensity reach the target heart rate.

SHOULD I TRY TO KEEP MY HEART RATE IN THE SAME RANGE THROUGHOUT MY WORKOUT?

Most people find that exercising at only one fixed or target heart rate (usually the “fat-burning zone”) does not work for them – they are becoming less fit and gaining more fat every year. People need to learn the new way of training – strap on a MIO™ and train within multiple zones to get fit!

WHAT IS THE FAT-BURNING ZONE?

This is equivalent to the conditioning zone – exercising at 60%-70% of MHR. Because the body burns more fat relative to carbohydrates in this zone, many believe you can burn more fat if you exercise at this lower rate.

SO IS THE FAT-BURNING ZONE THE BEST ONE TO HELP ME LOSE WEIGHT?

Not necessarily. We burn fat in all the heart zones – the burn rate is the key factor. It’s true that your body does burn a greater percentage of fat when you exercise at a moderate intensity (60–70% of MHR).

But as you increase the intensity of your workout, you burn more total calories, including a higher total amount of fat. At the higher intensity level, you may burn a lower percentage of fat in comparison to carbohydrates, but you still burn more total fat during the same period of time than you do at the lower intensity. Exercising in the Aerobic Fitness Zone (70–80%) for the same amount of time helps you lose more weight.

On the other hand, if you have been exercising hard but not losing weight, then you might have been working out too hard for too short a period. To burn more total calories, you may need to increase your exercise time at a lower intensity. Remember, human physiology works on the principle of individuality – each person burns fuels unique to their physiology.

WILL I BURN EVEN MORE CALORIES AND/OR FAT IF I EXERCISE IN THE ANAEROBIC POWER ZONE (80–90% MHR)?

Yes and no. Yes, you will burn more calories per unit of time, but you will not be able to sustain this workload for very long. When exercising, stick to the aerobic fitness zone. Try working out as long as you can, as close as you can to your anaerobic threshold in order to burn the most calories.

WILL EXERCISING HELP MY BODY TO BURN FAT EVEN AT REST?

Yes. Fit and unfit people burn fat differently. Muscle cells do have a

higher metabolic activity than fat cells and burn more fat during recovery and rest.

DOES WEIGHT TRAINING, IN ADDITION TO AEROBIC EXERCISE, HELP ME TO LOSE MORE WEIGHT?

Yes. Your body is composed of slow twitch cells and fast twitch cells. Aerobic activity (walking, less intense running) activates slow twitch cells while anaerobic activity (weight training and fast running) stimulates fast twitch cells. If you exercise only aerobically, you are not developing all your muscle cells. Adding weight training develops fast twitch cells, increasing your metabolism and helping you lose more weight.

Between the ages of 30 and 70, your fat free mass (muscle) declines by about 40%. Muscle loss is thought to be the single most important reason you store more fat as you age. The loss of muscle and resulting metabolic slow down makes you susceptible to gaining fat. Each pound of muscle burns approximately 50 calories a day. A loss of just 1/2 pound of muscle (25 calories expended daily) could theoretically cause you to gain 2.6 pounds of fat in a year.

DOES MY FITNESS LEVEL INFLUENCE MY HEART RATE? CAN I EXPECT CHANGES AS MY FITNESS LEVEL IMPROVES?

As you gain cardiovascular fitness, your resting heart rate may decrease. Also, your heart rate should decrease more rapidly after

exercise. Remember to reset your resting heart rate on Mio™ periodically to ensure an accurate readout of your percentage of maximum heart rate.

STARTING A MIO™ WALK/RUN PROGRAM

Buying your Mio™ has been your first step to a healthier lifestyle. Below is a proven introductory program that will ease you into exercising regularly and build up your endurance gradually to help you avoid injury. Be patient and perform each step. Remember to warm-up and cool down for 5–10 minutes at the beginning and end of each session, gently stretching your hamstrings, quadriceps, lower back, shoulders and neck.

And hang in there. Many people quit if they miss a single session. Sports psychologists term this “abstinence violation.” Don’t be one of the 50% of people who quit walking and/or running before they can realize the benefits. Use Mio™ to time your intervals and to keep track of your heart rate. Aim for 55%-60% of your maximum heart rate. If you push too hard too fast, you risk becoming injured or discouraged. *Slow and easy is best in the long term.*

Mio's Timer Mode has a convenient Walk/Run Timer that allows you to set automatic alternating times for the walking and running segments of this program (see instructions).

WEEK 1

Session 1 (35 minutes)

Run 30 seconds. Walk 4 minutes and 30 seconds.
Do this 7 times.

Session 2 (40 minutes)

Run 30 seconds. Walk 4 minutes and 30 seconds.
Do this 8 times.

Session 3 (40 minutes)

Run 30 seconds. Walk 4 minutes and 30 seconds.
Do this 8 times.

WEEK 2

Session 1 (45 minutes)

Run 1 minute. Walk 4 minutes. Do this 9 times.

Session 2 (40 minutes)

Run 1 minute. Walk 4 minutes. Do this 8 times.

Session 3 (40 minutes)

Run 1 minute. Walk 4 minutes. Do this 8 times.

WEEK 3

Session 1 (50 minutes)

Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds.
Do this 10 times.

Session 2 (40 minutes)

Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds.
Do this 8 times.

Session 3 (50 minutes)

Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds.
Do this 10 times.

WEEK 4

Session 1 (55 minutes)

Run 2 minutes. Walk 3 minutes. Do this 11 times.

Session 2 (45 minutes)

Run 2 minutes. Walk 3 minutes. Do this 9 times.

Session 3 (50 minutes)

Run 2 minutes. Walk 3 minutes. Do this 10 times.

WEEK 5

Session 1 (60 minutes)

Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds.
Do this 12 times.

Session 2 (50 minutes)

Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds.
Do this 10 times.

Session 3 (50 minutes)

Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds.
Do this 10 times.

WEEK 6

Session 1 (65 minutes)

Run 3 minutes. Walk 2 minutes. Do this 13 times.

Session 2 (50 minutes)

Run 3 minutes. Walk 2 minutes. Do this 10 times.

Session 3 (55 minutes)

Run 3 minutes. Walk 2 minutes. Do this 11 times.

WEEK 7

Session 1 (60 minutes)

Run 4 minutes. Walk 2 minutes.
Do this 10 times.

Session 2 (54 minutes)

Run 4 minutes. Walk 2 minutes.
Do this 9 times.

Session 3 (54 minutes)

Run 4 minutes. Walk 2 minutes.
Do this 9 times.

WEEK 8

Session 1 (60 minutes)

Run 5 minutes. Walk 1 minute. Do this 10 times.

Session 2 (48 minutes)

Run 5 minutes. Walk 1 minute. Do this 8 times.

Session 3 (54 minutes)

Run 5 minutes. Walk 1 minute. Do this 9 times.

WEEK 9

Session 1 (63 minutes)

Run 7 minutes. Walk 2 minutes. Do this 7 times.

Session 2 (54 minutes)

Run 7 minutes. Walk 2 minutes. Do this 6 times.

Session 3 (50 minutes)

Run 8 minutes. Walk 2 minutes. Do this 5 times.

WEEK 10

Session 1 (44 minutes)

Run 10 minutes. Walk 1 minute. Do this 4 times.

Session 2 (41 minutes)

Run 20 minutes. Walk 1 minute. Run 20 minutes.

Session 3 (45 minutes)

Run 22 minutes. Walk 1 minute. Run 22 minutes.

WEEK 11

Session 1 (51 minutes)

Run 25 minutes. Walk 1 minute. Run 25 minutes.

Session 2 (56 minutes)

Run 30 minutes. Walk 1 minute. Run 25 minutes.

Session 3 (51 minutes)

Run 40 minutes. Walk 1 minute. Run 10 minutes.

WEEK 12

Session 1 (66 minutes)

Run 45 minutes. Walk 1 minute. Run 20 minutes.

Session 2 (66 minutes)

Run 50 minutes. Walk 1 minute. Run 15 minutes.

Session 3 (45 minutes)

Run 45 minutes.

WEEK 13

Session 1 (50 minutes)

Run 50 minutes.

Session 2 (40 minutes)

Run 40 minutes.

Session 3 (60 minutes)

Run 60 minutes (approximately 10 km).

TEN TIPS FOR A RUNNING PROGRAM

1. *Set goals.* Our Walk/Run program has you running 10 km at the end of 13 weeks. Keep a logbook.
2. *Stay safe.* Carry identification with your name, phone number and blood type. Wear light-reflective stripes after dark.
3. *Wear layers.* Remove layers to keep your body cool (some experts also believe that keeping the body cooler during exercise aids weight loss).
4. *Start your program slowly.* Monitor your heart rate to keep to a moderate, safe pace.

5. *Think positively.* Focus on the reasons you started running and the progress you're making, rather than on any mistakes or perceived failures. Imagine how good you'll feel at the end of a run.
6. *Run with a group.* This helps with motivation.
7. *Set aside specific running times.* Some people find running in the morning best. Others need to vary their times to reduce boredom. Try to keep your commitment to these times.
8. *Warm up and cool down properly.* Take 5 minutes before and after your run, jogging lightly at about 55% of your maximum heart rate.
9. *Stay relaxed.* Tensing up may trigger injuries and consumes energy. Try to keep your shoulders and arms from twisting side to side; instead, swing your arms comfortably as you do when walking.
10. *Listen to your body.* To avoid injury, don't push yourself to train when you feel stressed, sick or exhausted. Also, rest your body so that it can recuperate, especially if you train in the anaerobic zone (including resistance or strength training). Allow a day of rest between more strenuous exercise sessions. Finally, if you experience even minor pains, rest and/or see a physician.

MIOSENSE CARDIAC SUPPORT

If you have a cardiac condition, or have already had cardiac surgery, your doctor has probably told you to follow a strict diet and exercise program. Mio™ can provide extra support as you follow these regimens.

MY HEART SURGEON RECOMMENDS I GET MY WEIGHT DOWN TO 160 LBS. CAN MIO™ HELP ME MONITOR MY WEIGHT AND CALORIE INTAKE?

Yes. With the help of a dietician, you can calculate a daily calorie target to reach or to maintain a healthy weight. You can check in the MioTables the calories in the foods you eat and enter these numbers into Mio's memory. Mio™ keeps a daily running total and tells you how close you are to your daily target. Mio™ also measures how many calories you burn during exercise and deducts this number from your total.

WHAT SHOULD MY OVERALL CHOLESTEROL LEVEL BE?

One half of all Americans have high cholesterol levels. Your cholesterol level is measured in milligrams per deciliter of blood or mg/dl.

- Less than 200 mg/dl is desirable.
- 200–239 is borderline.
- 240 mg/dl and over is high risk.

HOW CAN I REDUCE MY CHOLESTEROL LEVELS?

1. *Eat less fat, especially saturated fats.* Using Mio's Calorie Mode to record all the calories you eat will make you focus on which foods you are eating, helping you to control your fat intake. The MioTables also list fat content so that you can check for and avoid foods high in fat.
2. *Control your weight.* Keep track of the calories you eat and burn each day in Mio's memory, so that you can lower your total daily calorie intake to reduce or maintain your weight.
3. *Exercise.* Mio™ will measure your heart rate and tell you how many calories you are burning so that you can get the most from your exercise sessions.

HOW MUCH, AND WHICH KINDS, OF FAT CAN I EAT?

While you should follow your doctor's specific orders, a general rule of thumb is to limit all fats to 30% of your total daily calories, and saturated fats to no more than 10% of your total daily calories.

Unsaturated fats include:

- Omega-3 fatty acids found in fish, shellfish, soy products, walnuts, canola and flax oils, wheat germ and leafy green vegetables
- Monounsaturated fats found in almonds, olives, olive and canola oils, peanuts and avocados
- Polyunsaturated fats found in safflower, corn and sunflower oils.

Fats to be wary of include:

- Saturated fats found in red meat, whole-milk products (such as many cheeses), cocoa butter, as well as coconut and palm oils
- Trans-fatty acids found in many processed foods such as margarine, fast foods, snack foods, commercially baked goods and baking mixes.

WHAT SHOULD I EAT TO LOWER MY CHOLESTEROL?

A low-fat diet is essential to lowering your cholesterol. While following the Food Pyramid guidelines in the MioSense General Health and Fitness section is a good start, anyone with specific cardiac concerns may want to follow a strict, low-fat diet. Here are some helpful guidelines on which foods to choose:

Lean meat, poultry, fish and shell fish:

- No more than 6 cooked ounces per day
- Fish 3 to 4 times per week
- Vegetarian entrée in place of meat once a week
- Cut all fat and remove poultry skin
- Limit high-fat processed meats (salami, hot dogs and sausages)
- Limit duck and goose meat
- Avoid organ meats (liver, kidney, sweetbreads, and brain)
- Limit egg yolks (1 to 3 per week).

Low-fat and non-fat dairy products:

- Skim or 1% milk
- Dry-curd, skim or low-fat cottage cheese, non-fat or low-fat yogurt
- Cheese with 15% fat or less
- Limit cream, sour cream, whipping cream and regular cheese
- Limit whole milk, cream and ice cream
- Limit butter, cheese and foods made with them.

Whole grain breads, cereals, rice and pastaUnsaturated vegetable oils like canola, olive, safflower and sunflower oils:

- Sparing amounts of vegetable oils, soft margarine and peanut butter, preferably those lowest in saturated fats and cholesterol
- Light or fat-free salad dressings and mayonnaise
- Small amounts of nuts and seeds.
- Avoid saturated oils (coconut, palm and palm kernel oils).
- Limit solid fats (shortening, soft margarine and lard)
- Use low-fat condiments such as mustard, relish, ketchup, salsa
- Avoid high-fat creamy sauces, choosing tomato-based sauces instead
- Limit fried foods
- Check food labels to avoid hydrogenated oils and fats.

Low-fat and home-made desserts:

- Angel food cake, low-fat frozen yogurt, low-fat cookies
- Fruit
- Home-made loaves and muffins with no more than 1/4 cup oil per loaf or 1 dozen muffins
- Limit high-fat baked goods, ice cream, chocolate.

Low-fat snacks:

- Pretzels, plain popcorn, baked chips, cereals, fresh fruit
- Remember to limit even low-fat snacks, as these can have a lot of calories.

WHAT METHODS OF COOKING CAN I USE TO REDUCE FAT?

- Roast meat or poultry using a rack to raise meat, allowing fat to drip away
- Use a moderate temperature (350°) to avoid searing in juices
- Baste with fat-free liquids (wine, tomato juice, or lemon juice)
- Bake in a covered dish with just a little liquid
- Braise or stew with extra liquid, then refrigerate, remove chilled fat and then reheat
- Poach
- Grill or broil, allowing fat to drip away
- Sauté using a non-stick vegetable spray, a sparing amount of canola oil applied with a paper towel, or small amounts of broth or wine
- Stir-fry using a sparing amount of peanut oil
- Microwave, draining fat between two paper towels during cooking
- Steam.

HOW CAN I CUT FAT WITHOUT LOSING ALL THE TASTE?

- Drain browned meat in a paper-lined strainer
- Make gravy without fat by blending a tablespoon of cornstarch and 1 cup of room-temperature broth, then add this to the rest of the

- broth (heated) and simmer to thicken
- Use just one egg yolk in an omelet, adding extra egg whites, or use an egg substitute product
- Drain and rinse in water canned tuna, salmon and sardines
- Steam or bake vegetables without overcooking to retain flavor
- Blend creamy salad dressings with low-fat yogurt
- Add finely chopped vegetables to ground poultry or meat
- Serve smaller servings of foods with fat and larger portions of those without fat (pasta, rice, beans and vegetables)
- Add herbs and spices for extra flavor.

HOW CAN I LIMIT MY FAT INTAKE WHEN I'M ORDERING IN A RESTAURANT?

- Ask for healthier side dishes such as steamed vegetables instead of french fries
- Choose lean meat and fish or skinless chicken
- Choose entrées that are broiled, baked, grilled, steamed or poached
- Select more vegetarian dishes, requesting that they be served without butter or sauces
- Use squeezed lemon juice as a salad dressing
- Choose baked, boiled or roasted potatoes (without butter or sour cream)
- Have fresh fruit or fruit sorbet for dessert
- Find out what low-fat or fat-free choices are available
- If nothing on the menu is suitable, ask if you can have a fruit or vegetable platter.

WHAT KINDS OF DISHES SHOULD I ORDER IN ETHNIC RESTAURANTS?

Asian. Stir-fried or steamed chicken, fish or vegetable dishes; steamed rice.

Italian. Marinara sauces; fish or meatless pasta dishes; plain bread; limited grated parmesan cheese.

Mexican. Salsa or picante sauces; corn tortillas; soups, salads and fresh seafood.

MY LIPID CLINIC TELLS ME THAT 30% OF MY DAILY CALORIE LIMIT CAN CONSIST OF FAT (WITH A LIMIT OF 10% OF SATURATED FAT). WHY AM I ALLOWED THIS?

Not all fats are bad fats; some actually contribute to good health. Fats provide the essential fatty acids for healthy skin, and they are a component of important hormone-like substances that help your body absorb the fat-soluble vitamins A, D, E and K, and promote digestion. Finally, unsaturated fats actually lower cholesterol levels. People who have a balance of carbohydrates, protein and fat in their diet, and who meet their daily calorie target, will burn off these fat calories, rather than storing it in their bodies.

IF I CONSUME MORE THAN 60–70 GRAMS OF FAT PER DAY, MY DOCTOR TELLS ME I WILL NEED TO BURN OFF THE EXTRA CALORIES TO PREVENT THE BODY FROM STORING THEM AS FAT. CAN MIO™ TELL ME WHETHER I'M BURNING OFF THOSE CALORIES?

Yes. You need to note how many grams of fat you have consumed over your daily limit. Multiply this number by 9 (because there are 9 calories in each gram of fat). If you consume 10 grams of fat over your daily 60 gram limit, you will need to burn off 90 extra calories. When you exercise or go for a walk that day, use Mio's Stop-watch mode to determine how many calories you are burning. Then increase the length or intensity of your exercise to burn off those extra 90 calories. Or schedule an extra exercise session and use Mio™ to check that you burn off those extra calories.

HOW MANY CALORIES DO I BURN WHILE WALKING?

It varies from person to person, but most people burn about 300–350 calories per hour walking at a moderate speed of 3 mph. Mio™ can provide you with a more accurate reading.

IF I KNOW I AM GOING OUT TO A SPECIAL DINNER OF STEAK AND LOBSTER, CAN I SOMEHOW COMPENSATE FOR THE EXTRA CALORIES BEFORE OR AFTER?

Decide on the portion size of the foods you will allow yourself and check the calorie content in the MioTables. Try to exercise sometime during the day at a sufficient length of time to burn off those calories.

It's best if you can balance your calories within a single 24-hour period. And it's best to strictly limit "special dinners."

HOW MUCH SHOULD I EXERCISE EACH DAY? WHAT KINDS OF EXERCISE WOULD BE BEST?

Only your doctor can tell you how much and what kind of exercise you need. Very often those with cardiac conditions are counseled to warm up for 10 minutes, walk for 20 to 30 minutes and cool down for 5 minutes, 3 to 4 times per week. However, different cardiac conditions require different programs, so be sure to consult with your cardiologist or rehabilitation specialist. Whatever form of exercise you choose and wherever you go, Mio™ can help you monitor your heart rate and calories burned.

THE DOCTOR SAYS I MUST GET MY HEART RATE UP WHILE WALKING OR EXERCISING. HOW DO I KNOW WHAT MY HEART RATE SHOULD BE?

Only your cardiologist or rehabilitation specialist can tell you what your target range should be. Mio™ displays both the actual heart rate and a percentage of maximum heart rate (MHR). The average, healthy person will exercise at 55%–75% of MHR. However, people with cardiac conditions usually take medication that affects the heart rate reading, so the standard formulas and percentages that Mio™ uses and displays do not apply. Nevertheless, you can still use Mio™. You can undergo a stress test while on your current medication and using the results from this test, your cardiologist or rehabilitation specialist can

determine the correct target range. Mio™ displays your heart rate in beats per minute. You can ignore the percentage of maximum heart rate; just focus on your actual heart rate.

CAN MIO™ TELL ME WHETHER I AM RAISING MY HEART RATE HIGH ENOUGH?

Once your cardiologist or rehabilitation specialist has determined your target heart rate range, you can check your heart rate periodically during exercise using Mio™, increasing or decreasing your exercise intensity level in order to hit your target rate.

I'M A LITTLE CONCERNED ABOUT OVERDOING IT AND PUTTING A STRAIN ON MY HEART. CAN MIO™ TELL ME WHEN I'M PUSHING TOO HARD?

Once your safe target range is determined, you can periodically check your heart rate during walks or workouts to ensure you are not exercising too strenuously.

HOW LONG SHOULD I KEEP MY HEART RATE UP FOR?

Check with your cardiologist or rehabilitation specialist – the norm is 20 to 30 minutes.

DOES IT TAKE LONGER TO RAISE MY HEART RATE WHEN I'M IN POOR OR WEAK SHAPE?

Actually, most people in poor or weak shape find their heart rates rise more quickly. There are many factors that affect how quickly your

heart rate rises, from fitness level to genetic make-up. If you have any concerns, consult your physician.

TEN SAFETY TIPS FOR A CARDIAC WALKING PROGRAM

1. *Don't eat and walk.* Go for your walk before a meal or wait at least 2 hours after eating.
2. *Take things easy.* Don't overdo it the first few times out.
3. *Know your target heart rate.* Use Mio™ to help you stay within your target range. If you are on medication, ask your doctor what this range should be.
4. *Warm up at a slow pace.* Then walk briskly to get your heart rate up.
5. *Stop walking if you experience pain or dizziness.* Rest until these disappear and then walk home. If these symptoms continue, see your doctor.
6. *Drink water a little at a time before, during and after your walk,* especially if it is warm out.
7. *Dress in layers if it is cold out* so that you can peel off clothes as you become warm. The outer layer should keep the wind out.
8. *Face the traffic* as you walk and choose well-lit streets.
9. *Keep the volume on your headset low* so that you can hear on-coming traffic.

10. *Bring identification and money* in case you need to make a phone call.

THE MIOSENSE WEIGHT MANAGEMENT PROGRAM

MioSense can help you to reduce or maintain a desirable weight. The following is a broad overview of the necessary steps to achieve this. Later in this booklet you will find the tables, detailed instructions and other information you will need to follow these steps.

DESIGNING YOUR PERSONALIZED WEIGHT MANAGEMENT PROGRAM

1. What would you like to weigh? If you want to gain or lose weight, decide how much.
2. How long do you want your weight loss/gain program to take? Think about losing/gaining 1 to 2 pounds per week because slow, steady weight change is more likely to be permanent.
3. Decide how many calories your body needs to function in your daily routine. This is your daily calorie requirement.
4. Set a limit on the number of calories you eat daily so that you eat fewer or more calories than your daily requirement: this limit is your calorie target.
5. Program this target, as well as your birthday, gender, weight and resting heart rate into Mio's memory.
6. Using the MioTables, check the number of calories you consume

throughout the day and enter these into Mio's memory. Mio™ keeps a tally of the calories you consume, letting you know how close you are to your target.

7. When you exercise, Mio™ will tell you how many calories you are burning and subtract these from your total, again showing you how close you are to your target.
8. If you get too close to your daily target, simply eat less or exercise more.
9. Is your lifestyle changing? Are you becoming more active? Are you beginning to lose weight? Go back to Steps 3 through 5. Update your daily requirement and your target in Mio's memory. Mio's calculations will be more accurate if you keep this information up-to-date.
10. When you reach your goal, don't become complacent or rest on your laurels. Continue to use Mio™ to keep track of your calories so that you stay at a healthy weight. The MioSense program is about permanently changing your eating and exercising habits for lasting health benefits.

EATING WELL AND COUNTING CALORIES

WHY IS IT IMPORTANT TO MAINTAIN A CERTAIN WEIGHT?

Weight continues to be one of the most pressing health issues Americans face today. If we define "overweight" as 20% above "desirable weight," then over one third of adult Americans are overweight. Those

who are overweight have a greater risk of coronary heart disease, type II diabetes, stroke, certain cancers (including colon, rectum, prostate, uterus, biliary tract, breast and ovary), as well as degenerative joint disease of both weight bearing and non-weight bearing joints, diseases of the digestive tract (gallstones, reflux esophagitis), thromboembolic disorders, heart failure, respiratory impairment and skin disorders. Should all Americans reach a healthy body weight, experts estimate that life expectancy would increase by 3 years, coronary heart disease would decrease by 25% and congestive heart failure and stroke by 35%.

HOW SUCCESSFUL ARE DIETERS IN REACHING THEIR DESIRED WEIGHT?

Whether motivated by a consciousness of these or other health risks, or simply by a desire to feel healthier, approximately 50% of women and 25% of men are inspired to diet at any specific time. Their good intentions, however, are often frustrated. In most standard, controlled studies, only 20% of the subjects at the two-year follow-up had lost 20 pounds, and only 5% had lost 40 pounds.

WHAT IS THE KEY TO SUCCESS?

Studies have shown that success relies not on quick-fix solutions, but on lasting behavioral modification – you have to start eating well and exercising regularly. Since most successful dieters plan and record both their meals and their exercise, you need to take some time to assess your lifestyle, do the math, set up a schedule, program Mio™

and start counting calories. Recent USDA studies have shown that 80% of people that successfully lost weight –and kept it off– did so by following the food pyramid and *counting calories*.

WHY IS IT IMPORTANT TO COUNT CALORIES?

Researchers are finding that weight management comes down to a simple fact: count your calories and the pounds look after themselves. A UCSF study (among many others) notes that the most important element to losing 1 to 2 pounds per week is to limit your daily calories to 500 to 1,000 less than what you need to maintain your current weight. Mio™ makes counting and recording calories simpler and more convenient than ever before.

WHY IS COUNTING CALORIES THE MOST EFFECTIVE MEANS OF MANAGING YOUR WEIGHT?

The answer is a simple mathematical calculation: if you eat and drink more calories than you burn in a day, your body stores the extra calories as fat. Each pound of fat consists of 3,500 calories. Even a modest reduction in your weight requires you to burn a lot of calories. It is best to spread this change over a reasonable length of time. If you consume 500 to 1,000 fewer calories per day than you burn through everyday activities and exercise, you can lose 1 to 2 pounds per week. Conversely, if you wish to gain weight, you would add 500 to 1,000 calories to your daily calorie requirement. Your daily requirement is the number of calories you need to perform your average daily

activities based on your lifestyle and activity level. You can work this out using a simple formula found in [Section K](#) in the instructions.

WHY IS COUNTING CALORIES MORE EFFECTIVE THAN OTHER DIETS I'VE HEARD ABOUT OR TRIED?

High-protein/low-carbohydrate diets help you to lose weight, but may not provide your body with sufficient nutrients and could lead to kidney problems. Diet drugs and diet supplements also help you to lose weight, but not to keep it off. Both these quick fixes work only while you are using them. Counting calories, on the other hand, helps you to focus on nutritional, lower-calorie foods and on regular exercise, which leads to a healthier lifestyle that produces lasting changes.

HOW CAN I LOSE WEIGHT QUICKLY?

You shouldn't. Researchers find that a slow but steady weight loss, accompanied by changes in your eating and exercise habits, is more likely to be permanent. Fad or crash diets tend to show short-term results, with the weight returning when you revert to old eating habits and a sedentary lifestyle.

SHOULD I TRY TO AVOID ALL FAT?

While it may appear that avoiding fat is the most natural way to lose weight, it isn't. It is natural for your muscle cells to burn fat during low intensity or aerobic activity, so totally avoiding fat is not necessary.

Many fat-free or low-fat foods are also packed with other calories. What's more, fats provide the essential fatty acids for healthy skin and important hormone-like substances, help your body absorb the fat-soluble vitamins A, D, E and K, and promote digestion. Finally, unsaturated fats actually lower cholesterol levels. You should limit all fats to 30% of your total daily calories, and saturated fats to no more than 10% of your total daily calories.

SHOULD I DRASTICALLY REDUCE CARBOHYDRATES?

Carbohydrates fuel your body, so again, be selective. Choose more of the complex carbohydrates found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruits that are processed slowly and are less likely to be stored as fat. Eat fewer foods with simple carbohydrates such as table sugar, white bread, pasta and rice, as well as potatoes and fruits that are processed more quickly and are more likely to be stored as fat.

WILL CAFFEINE DAMPEN MY APPETITE?

No. However, caffeine does affect your metabolism, increasing your body's ability to burn circulating fatty acids.

DO I HAVE TO DENY MYSELF MY FAVORITE FOODS TO LOSE WEIGHT?

If you deny yourself the foods you love, you will likely break down and binge at some point. Budget your calories to include a few treats or add extra exercise to burn them off.

HOW MUCH WATER SHOULD I BE DRINKING?

Eight glasses of water per day is recommended for sedentary people, but when you exercise, you'll need more – about a quart of water for every 1,000 calories you burn.

IMPLEMENTING HELPFUL ROUTINES

SHOULD I KEEP A DAILY RECORD OF EVERYTHING I EAT?

Yes. The two most important elements in a successful weight management program are planning and recording your meals and exercise sessions. Mio™ makes this easy for you, by keeping track of all the calories you eat and burn.

SHOULD I MEASURE ALL MY FOOD?

It helps. Initially, you should buy a small scale and weigh all the food you eat at home. After a while you will learn approximate sizes and volumes.

HOW OFTEN SHOULD I WEIGH MYSELF?

Once a week. This gives you an accurate sense of your actual weight loss. But if you exercise, you will gain muscle mass, which weighs more than fat, meaning your weight may remain constant or even increase initially. However, you should lose inches, and you will feel fit and strong – a much more satisfying result than lost pounds.

CAN I SKIP A MEAL, SUCH AS BREAKFAST, TO REDUCE MY CALORIC INTAKE?

If you starve yourself for all or part of the day, you might binge, consuming more than your daily calorie target. It's better to eat breakfast for more energy throughout the day, and to eat regularly all day.

SHOULD I EAT FREQUENT, SMALLER MEALS, RATHER THAN JUST THREE A DAY?

Many nutritional advisors suggest this. Eating six meals a day is beneficial for lowering your Low Density Lipoprotein (LDL) cholesterol. In the European Journal of Clinical Nutrition (1994), McGrath and Gibney found that subjects who simply moved from three to six meals a day significantly lowered their LDL cholesterol. It may also help to curb your appetite.

SHOULD I AVOID EATING A LOT IN THE EVENING, ESPECIALLY JUST BEFORE GOING TO BED?

Surprisingly, research suggests that when you eat is not as important as how many calories you consume over the entire day. As at any other time of the day, avoid foods high in sugar, fat and carbohydrates just before going to bed. Some experts do advise spreading the calories equally over the day – your body will be less likely to trigger its starvation mechanism. When you eat less, your body prepares for a famine, slowing your metabolism to conserve the energy in the calories you do eat.

EXERCISING WHILE DIETING

WHY IS IT IMPORTANT TO EXERCISE WHILE I AM ON A DIET?

Studies show that body composition is different in those who just diet, those who just exercise and those who diet and exercise. Those who just diet tend to lose fat-free weight such as muscle mass; those who just exercise or who exercise and diet increase their fat-free weight and lose significantly more body fat. Exercise protects lean tissue, even when you're dieting.

WHY IS PROTECTING LEAN TISSUE IMPORTANT?

Protecting lean tissue and, even better, developing more muscle, is as important as losing pounds. Muscle mass determines 80% of your metabolism, so increasing muscle raises your metabolic rate, which in turn burns more calories. Even when your body is just resting, every pound of muscle burns 40–50 calories a day.

DO WOMEN HAVE TO WORK HARDER TO LOSE WEIGHT THAN MEN?

Women have to work extra hard as their body composition typically has a lower muscle mass and burns an average of 600 fewer calories per day than men.

CAN I EXERCISE MORE TO BURN OFF THE CALORIES OF THE FOODS I EAT, WITHOUT WORRYING TOO MUCH ABOUT THE FOODS I EAT?

In theory you could. But you do need to eat a balance of foods for a healthy body. Also, one of the key elements in this healthy balance of foods is the high fiber content. One study proposes that fiber may help to block absorption of the calories provided by fat and protein.

WON'T EXERCISE STIMULATE MY APPETITE SO THAT I EAT MORE?

Most studies show that most people's appetites remain constant or even decrease with regular, strenuous exercise. The math still holds – more calories burned than consumed equals weight loss.

WILL EXERCISING AT A PARTICULAR TIME OF DAY HELP ME TO BURN CALORIES MORE EFFECTIVELY?

No. But it is important to exercise regularly, at least 3 to 4 times per week. Many people discipline themselves to exercise early in the morning – it can be tempting after a long day to put off an evening session until the next day, and then the next day, and so on.

WHICH EXERCISE MACHINE WILL HELP ME TO BURN THE MOST CALORIES?

In at least two studies, exercisers on the treadmill burned more calories than those on the stationary bike, rowing machine, stair climber, and cross-country ski machine for a variety of reasons:

- Walking was a more familiar, natural movement that was easier to sustain over a longer period
- Most people worked out at a higher intensity for a longer period on a treadmill without tiring as easily as they did on other machines
- The treadmill forced exercisers to work harder to support their own weight than when on other machines.

CAN I DO SPECIAL EXERCISES TO TARGET SPECIFIC AREAS FOR WEIGHT LOSS, SUCH AS MY WAIST OR THIGHS?

Unfortunately, your body doesn't lose weight selectively. The only way to lose weight in particular areas, such as your waistline, is to lose weight overall – a better result in any case.

REGULATING YOUR METABOLISM

DOES MY METABOLIC RATE SLOW DOWN WHILE DIETING, MAKING IT HARDER FOR ME TO LOSE WEIGHT?

Initially, when you eat less, your body prepares for a famine, slowing your metabolism to conserve the energy in the calories you do eat. Many of us have experienced the delight of an initial drop in weight – and the frustration when the weight loss slows and even seems to stop entirely. Over time, however, your metabolism rises again, usually to within 10% of your original rate. Your body is simply adjusting to your new weight; to maintain a new, lower weight, your metabolism doesn't need to be quite as high as it was before.

DOESN'T MY BODY HAVE A CERTAIN SET WEIGHT THAT IS HARD TO CHANGE?

Evidence suggests that your body does have a "set point." It's not engraved in stone, however. Researchers at Rockefeller University in New York City suggest that your metabolism slows down or speeds up as you lose or gain weight, in an attempt to maintain your initial weight. Still, exercising regularly will speed up your metabolism, counteracting its tendency to slow during dieting.

AS I GET OLDER, IS IT HARDER TO LOSE WEIGHT?

Women do tend to gain 5–10 pounds per decade after turning 30. However, this is not inevitable. Each year after 30, a woman typically loses 1/3 of a pound in muscle mass. This is what slows your metabolic rate, encouraging your body to store more calories as fat. Simply reducing your calories through dieting is not the best defense – exercising to increase your muscle mass and metabolism is.

CAN THE YO-YO EFFECT OF REPEATEDLY LOSING AND REGAINING WEIGHT SABOTAGE MY METABOLISM, DESTROYING MY CHANCES OF LOSING WEIGHT PERMANENTLY?

Research does not support this fear. Your own fear of yet another failure may have more of an effect on your ultimate success than your metabolism. Hope lies in changing your eating and exercising habits for gradual, permanent weight loss. Your metabolism should eventually adjust to your new weight.

CAN I USE HERBS OR OTHER PRODUCTS TO HELP ME LOSE WEIGHT?

This is not recommended without a doctor's supervision. Many of these products are not regulated and may contain harmful substances.

WHAT IS THE BEST WAY TO BOOST MY METABOLISM?

Exercise. It will increase your metabolic rate for up to 15 hours. If you exercise 3–5 times a week, you will maintain a consistently higher metabolic rate. The higher your metabolic rate, the more calories your body burns.

AVOIDING STUMBLING BLOCKS

AFTER BEING ON A DIET, WHY DO I OFTEN REGAIN MORE WEIGHT THAN I ORIGINALLY LOST?

One major cause for regaining more weight than you lost is related to how much lean tissue or muscle mass you lost when dieting. If you do not exercise while dieting, your body tends to lose muscle mass. When you stop dieting, the weight returns, but in fat rather than muscle. Since your metabolism drops with the loss of muscle, your body burns fewer calories than it did before you began dieting. So if you eat the same number of calories as you did before you began dieting, your body will burn fewer of them and more will be stored as fat.

WHAT IF I EAT ALL MY CALORIES BEFORE THE DAY IS OVER?

Plan some exercise and eat low-calorie foods such as fruits and vegetables for the rest of the day.

IF I OVERINDULGE ONE DAY, CAN I MAKE UP FOR IT THE NEXT DAY?

In theory, you can reduce or burn off extra calories later to offset the extra you have consumed. It's best, however, to compensate within a single day rather than leaving it until the next day. If you indulge, try to fit in extra activity and eat a little less for the remainder of the day. Best of all, try to anticipate potential binges (birthdays, dinners at friends' homes or at a restaurant) by eating lots of low-calorie foods during the day and getting extra exercise before and/or after.

HOW DO I AVOID OVEREATING WHEN DINING OUT?

Be aware of and avoid the foods typically high in calories (refried beans or olives). Look for hidden fats in the preparation methods (cream sauce or sautéed) and for those that add less fat to food (marinara sauce or stir-fried). The MioTables have a more comprehensive list of foods to avoid and code words in the Eating Out/Restaurant Dining section.

KEEPING RECORDS THE MIO™ WAY

WHY SHOULD I KEEP RECORDS OF MY EATING AND EXERCISING HABITS?

Studies find that planning and record keeping are essential to successfully establishing and maintaining an exercise program. Keeping a journal of your workout times, duration and activities can show you what works best for you. If you know that you can never quite fit a Thursday workout into your day, you can plan workouts for other days. Also, if you realize that four 45-minute sessions a week seems to be tiring you too much, you can scale back to four 30-minute or three 45-minute sessions. You can use Mio™ to monitor your heart rate during exercise, so that you can adjust the intensity of your workout for safety or performance purposes. Mio™ also keeps an accurate record of the calories you burn during exercise, so that you know how much you need to eat on exercise days to maintain a desirable energy level.

WHY IS THE MIO™ WAY OF KEEPING RECORDS A BETTER OR MORE CONVENIENT WAY?

Mio™ frees you from laboriously recording and calculating your caloric intake on paper. Instead, you can refer to the handy MioTables to determine the number of calories to enter; Mio™ calculates and keeps a tally of your total caloric consumption. Plus, Mio™ goes where you go, so when you eat out, you will always have your "records" with you. Finally, by simply placing your fingers on the watch

face sensors, you can measure your heart rate. Mio™ then determines and deducts from your cumulative count the number of calories you burn during exercise. You no longer have to wear a strap to measure your heart rate. Other watches may measure your heart rate and display the calories you burn during exercise, but only Mio™ records both the calories you consume and burn, so that you can regulate how much you can eat or how much more you need to exercise to meet your daily target.

STRESS MANAGEMENT

The National Institutes of Health identifies stress as a significant factor that undermines our overall health and even causes weight gain, particularly as we age.

WHY IS MANAGING MY STRESS IMPORTANT?

Everyone deals with stress differently. Learning to manage it as it happens, rather than after the fact, has helped people with a range of physical, emotional and mental conditions:

- Hypertension
- Diabetes
- Headaches
- Arrhythmias
- Asthma
- Congestive Heart Failure

- Pain Management
- Fibromyalgia
- Environmental Sensitivity
- Chronic Fatigue
- Depression
- Anxiety/Panic Disorders
- Anger Management
- ADD/ADHD
- Increased Stress Resiliency/Drug/Alcohol Abuse

Reducing stress also helps the body's immune system and helps people cope with physical ailments. Finally, reducing stress can also help control weight gain and avoid health problems that come with being overweight.

WHAT POSSIBLE LINK CAN THERE BE BETWEEN STRESS AND WEIGHT?

Our bodies have reacted to stress in the same way since prehistoric times. Then, the source of stress was usually physical, and triggered the body's release of hormones and chemicals. Two of these hormones are adrenaline and cortisol. Adrenaline is the hormone that spurs us into action while cortisol raises glucose (sugar) levels, providing us with energy. It also lingers in our system, stimulating our appetites to replace lost energy.

HOW CAN STRESS CAUSE ME TO GAIN WEIGHT?

The difference for people today lies in the sources of stress and our methods for confronting it. We deal largely with mental and emotional stresses that do not require physical action. However, our bodies still produce cortisol, which still triggers our appetites to replace energy that we haven't actually burned. Prolonged exposure to stress maintains unhealthy levels of cortisol in our systems, stimulating appetites that can lead to unnecessary eating.

I THOUGHT PEOPLE LOST WEIGHT WHEN STRESSED. HOW CAN STRESS CAUSE WEIGHT LOSS AT SOME TIMES AND WEIGHT GAIN AT OTHERS?

People often experience weight loss at very stressful times, such as death, divorce and job loss. The release of adrenaline and cortisol temporarily suppresses appetite. However, as the stress of these events passes, cortisol prompts the body to replenish lost energy, and people usually regain weight in the long term.

WHAT KINDS OF STRESS WOULD CAUSE ME TO GAIN WEIGHT?

Everyone reacts to stress differently. The most distressing events cause stress for the majority of us. However, while some people stress over public speaking, deadlines at work, unhappy work environments, long commutes in heavy traffic, and hectic family schedules, others shrug off these pressures. Those who do not or cannot may find their systems responding continuously to stress,

raising their cortisol levels for long periods of time and risking weight gain.

ARE THERE PARTICULAR HEALTH RISKS LINKED TO THIS KIND OF STRESS AND WEIGHT GAIN?

Long-term stress can lead to:

- Nervous and emotional problems, such as anxiety, panic attacks and depression
- Muscle and bone breakdown
- Suppression of the immune system
- Abnormal reproductive function
- Excess fat deep in the abdomen, which has been linked to heart disease, high blood pressure, diabetes and cancer.

WHAT CAN I DO TO AVOID HEALTH RISKS AND WEIGHT GAIN WHEN I LIVE WITH CONSTANT OR NEAR-CONSTANT STRESS?

- Exercise regularly and lift weights
- Choose your foods wisely and limit complex carbohydrates and fat between 3 pm and midnight
- Learn to relax regularly
- Do something you enjoy every day.

WHY DOES EXERCISE HELP TO REDUCE STRESS-INDUCED WEIGHT GAIN?

Exercise expends the extra energy cortisol generates. It also releases endorphins, creating what is commonly known as "runner's high."

These endorphins produce the same pleasurable response that eating can. Thus we can use exercise rather than eating to trigger the natural analgesics that help us cope with stress.

ISN'T REGULAR EXERCISE ENOUGH? DO I REALLY HAVE TO LIFT WEIGHTS AS WELL?

As we age, our metabolism rate declines and our bodies process carbohydrates less efficiently. Plus, we lose about 1/3 of a pound of muscle mass per year. Since 1 pound of fat only burns 2 calories per day and 1 pound of muscle burns 40 to 50 calories, we need muscle to increase our metabolism and burn more calories.

IS AVOIDING FAT ENOUGH TO HELP ME CHOOSE FOODS WISELY?

You also need to beware of foods containing refined sugars, such as table sugar, candy, pastries and processed starches such as pasta, rice and bread. Try to choose foods with unprocessed starches as well as fruits and vegetables.

WHY DOES LIMITING SUGAR, CARBOHYDRATES AND FAT LATER IN THE DAY HELP TO REDUCE STRESS-INDUCED WEIGHT GAIN?

Most people find their energy and concentration levels dropping after 3 pm, yet because their day is not yet over, they consume coffee (a stimulant) or crave high-energy foods to give them an energy boost. If we haven't eaten well during the day, we tend to indulge these cravings,

overeat and store the excess energy as fat.

Instead :

- Eat carbohydrates and other high-energy foods earlier in the day, providing the energy you need and use throughout the day
- Don't skip breakfast or lunch, compelling you to make up for lost energy later
- Eat lunch by 1:30 pm and finish dinner by 8 pm
- Bring an emergency snack pack of healthy foods, such as baby carrots or fruit to eat at work or while running errands before dinner
- Plan what you will eat for dinner in advance when your mind is clearer and the temptation to make the foods you crave is less intense
- Eat smaller quantities of food and chew slowly, savoring flavors and allowing your stomach time to send the signal that it is full.

WHAT IS THE LINK BETWEEN HEART RATE, STRESS AND RELAXATION?

When you are stressed, your heart rate is generally higher than when you are relaxed. Dr. Rollin McCraty, Director of Research at the Institute of HeartMath says, "Heart rate is a good indicator of the relative balance between the two branches of the autonomic nervous system, the parasympathetic and the sympathetic. Lowering heart rate indicates increased parasympathetic activity which is the essence of the relaxation response."

WHAT CAN I DO MENTALLY TO HELP ME MANAGE STRESS AND REACH MY EXERCISE GOALS?

Set Goals. Set challenging goals that are believable, regardless of your age.

Breathe. Breathe long and deep through your diaphragm (breathe slowly from your belly).

Associate. Choose to associate with your body by "feeling" every aspect of your walking stride. Visualize fibers splitting and blood pumping to your quadriceps, hamstrings, and soleus (calf muscle). Avoid dissociation, in which runners consciously strive to ignore the distress signals their bodies are sending to their brains by keeping their minds otherwise engaged away from the task at hand.

Talk to yourself. Self-talk takes the form of positive affirmations such as "Walking fast is easy." You can also repeat calming words to yourself, such as "relax."

Imagine. Picture yourself walking. Several studies suggest that when a subject visualizes him/herself training, nervous impulses are sent down the proper neuromuscular pathways to stimulate muscle fibers.

WHAT ELSE CAN I DO TO COPE WITH STRESS?

Meditate. Focus on a point on the ground a few feet in front of you. Breathe regularly, counting up to 100 or up to 10 repeatedly. Let go of any thoughts the moment they enter your head, and stay focused

on breathing regularly.

Practice yoga. Yoga can involve a combination of meditation, deep breathing and stretching all helping you to relax.

Laugh. Develop a sense of humor so that you can not only shrug off minor stress, but also enjoy the benefits of reduced stress hormones, increased beta-endorphins and increased white cell production that enhances your immune system.

Write. Write in a journal for about 15 minutes a day, identifying what stresses you, describing what happened and your feelings.

Hearthmath. To improve your mental and emotional game, try HeartMath's research-based stress relief and emotional regeneration techniques for getting in the flow state: Freeze-Frame, Cut-Thru, Heart Lock or Quick Coherence Breathing. These scientifically-validated techniques synchronize your heart, brain and nervous system so that you can regulate your emotions and improve performance. These powerful techniques are available as books and interactive software from Heartmath at www.heartmath.com.

HOW CAN MIO™ HELP ME TO AVOID STRESS AND POSSIBLE WEIGHT GAIN?

Since an increased heart rate is a good indicator of stress, you can use Mio™ to check your heart rate during stressful or potentially stressful situations. If your heart rate is up, try to meditate, practice deep breathing or exercise. These activities will stimulate the relaxation

response, bringing down your heart rate and helping your body find its natural balance again. Research suggests that people can consciously influence their own heart rates and promote their own well being. Also, using Mio™ to keep track of the calories you eat and burn can help you regulate your eating so that you are less tempted to overeat.

INSTRUCTIONS FOR USING MIOTABLES

The MioTables are divided into four sections: Foods, Beverages, Alcoholic Beverages and Fast Foods. The first three sections list foods and beverages in alphabetical order for easy location. You may find some foods under a group heading; for instance, green beans appear under “beans.” The last section lists fast-food restaurants. The restaurants are listed in alphabetical order as are the dishes and foods.

HOW WILL I KNOW WHAT SIZE THE PORTION IS?

Initially, you should buy a small scale and weigh all the food you eat at home. After a while you will learn approximate sizes and volumes (for example, how much 1 cup of soup fills a bowl). When you eat out, you can use some of these helpful equivalents:

- 3 ounces of meat, poultry or fish – the palm of your hand
- 1 chicken breast or 1 medium pork chop – a deck of cards
- 1 cup of potato, rice or pasta - your fist or a tennis ball
- 1 ounce of cheese – a pair of dice or your thumb

- 1/4 cup cottage cheese – a golf ball
- 1 pat or tsp of butter or margarine – a quarter.

HOW CAN I DETERMINE THE NUMBER OF CALORIES IN THE DISHES I PREPARE AT HOME?

Check the calories in each of the ingredients in the MioTables. Add these up to find the total calories for the recipe, then divide this total by the number of portions. So if you cut a cake into 10 pieces, you will divide the recipe total by ten to determine the number of calories in one piece.

HOW CAN I DETERMINE THE NUMBER OF CALORIES IN PREPARED FOOD?

Check the packaging for calorie content. If you don't have any packaging or the calories are not specified, you may be able to find a roughly equivalent value in the MioTables. For instance, we provide caloric values for croissants and hummus.

HOW CAN I DETERMINE THE NUMBER OF CALORIES IN THE DISHES I EAT IN A RESTAURANT?

Because every restaurant has different recipes for their dishes, it is impossible to list precise caloric values. However, you can ask the chef for the caloric content of a dish, or you can estimate some of the dishes using the information in the Tables.

 HOW CAN I AVOID EATING TOO MANY CALORIES WHILE EATING OUT?

Ask that salad dressings and spreads such as butter be placed on the side. Be aware of and avoid the foods typically high in calories:

- Avocado
- Bacon
- Cheese
- Coconut
- Cream or oil sauces
- Cream soups including (white) clam chowder
- Creamy salad dressings
- Duck
- Escargot
- Fatty meats: prime rib, spareribs
- Feta cheese
- Filo dough pastries (i.e. baklava)
- Fried tortilla
- Fried eggplant
- Garlic bread
- Lasagna, manicotti, ravioli or other pastas fillings
- Liver or other organ meats
- Macaroni salad
- Moussaka
- Potato salad
- Refried beans
- Sour cream
- Spanish rice
- Stuffed baked potato
- Sweetbreads
- Sweet and sour dishes
- Three-bean salsa.

 Avoid foods prepared with or in the following manner:

- Bechamel sauce
- Breaded
- Crispy
- Cream sauce (i.e. Alfredo)
- Crispy
- Curry sauce (coconut milk)
- Deep-fried
- Fried
- Golden brown
- Gravy
- Guacamole
- Lemon and butter sauce
- Melted cheese
- Pan fried
- Sautéed.

Choose foods prepared with or in the following manner:

- Boiled
- Braised
- Broiled
- Grilled
- Herbs
- Lemon or lime juice
- Lemon-dill yogurt sauce
- Marinara sauce
- Poached
- Red sauce
- Roasted
- Salsa
- Simmered
- Steamed
- Stewed
- Stir-fried.

Note for food, beverage and fast food tables:

- Fat and carbohydrates are measured in grams
- All values are rounded up
- N/A – not available
- If you cannot find something in the MioTables, log onto Club Mio at www.miowatch.com and check out the Nutrition Data portal that generates a complete food label, including calories, for most foods.